



DAVIS COUNTY HEALTH DEPARTMENT

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News Release

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Caregiver Educational Classes Offered In Davis County

(Clearfield, Utah) – Davis County Health Department's Family Caregiver Support Program is offering an eight-week series of classes for individuals caring for family members who are older or frail. These classes are free to the public. Individuals may attend at anytime during the series.

Presenters will discuss various topics such as medication safety, avoiding caregiver burnout, Medicare guidelines, and living with hearing loss.

The one hour classes will be offered on Tuesdays starting June 7 at Legacy Village Retirement Living dining room (1201 N. Fairfield Road, Layton) at noon or Fridays starting June 10 at the Golden Years Senior Activity Center (726 S. 100 E., Bountiful) at 11:30 a.m. The class series ends Tuesday, July 26, or Friday, July 29. A complimentary lunch is provided but an RSVP by each Monday at noon is required to receive a meal. No reservation is required to attend the class only.

For more information or to RSVP for lunch, contact Megan Forbush at (801) 525-5088.

Davis County Health Department's Senior Services thanks the following agencies for helping to sponsor these classes: Legacy Village, Golden Years Senior Activity Center, South Davis Home Health and Hospice, Applegate HomeCare and Hospice, Do It For You, Apple Village Assisted Living Center, Life Care Center of Bountiful, Tri-County Independent Living Center, and Dignity Home Health and Hospice.

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Caregiver classes scheduled at the Legacy Village, Layton:

Date	Topic	Presenter
Tuesday, June 7, noon	Medication Safety	CJ Benson and Denise Cook – South Davis Home Health and Hospice
Tuesday, June 14, noon	Overcoming Worry	Richard Smart – Do It For You
Tuesday, June 21, noon	Avoiding Caregiver Burnout	Teresa Strickler – Apple Village Assisted Living Center
Tuesday, June 28, noon	Medicare Guidelines	Beth Jones – Life Care Center of Bountiful
Tuesday, July 5, noon	Identity Theft	Marcia Parisi – Legacy Village
Tuesday, July 12, noon	Living with Hearing Loss	Saundra Hansen – Tri-County Independent Living Center
Tuesday, July 19, noon	Eden at Home	Diedra Kearney – Dignity Home Health and Hospice
Tuesday, July 26, noon	Nutrition	Natalie Sloom – Applegate HomeCare and Hospice

Caregiver classes scheduled at the Golden Years Senior Activity Center, Bountiful:

Date	Topic	Presenter
Friday, June 10, 11:30 a.m.	Medication Safety	CJ Benson and Denise Cook – South Davis Home Health and Hospice
Friday, June 17, 11:30 a.m.	Overcoming Worry	Richard Smart – Do It For You
Friday, June 24, 11:30 a.m.	Avoiding Caregiver Burnout	Teresa Strickler – Apple Village Assisted Living Center
Friday, July 1, 11:30 a.m.	Medicare Guidelines	Beth Jones – Life Care Center of Bountiful
Friday, July 8, 11:30 a.m.	Identity Theft	Marcia Parisi – Legacy Village
Friday, July 15, 11:30 a.m.	Living with Hearing Loss	Saundra Hansen – Tri-County Independent Living Center
Friday, July 22, 11:30 a.m.	Eden at Home	Diedra Kearney – Dignity Home Health and Hospice
Friday, July 29, 11:30 a.m.	Nutrition	Natalie Sloom – Applegate HomeCare and Hospice

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